



# SBRC Gym Schedule

## JANUARY



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	Open Gym 6:00-8:00	Open Gym	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-9:00	*Gym Rental 1/23 12:00-1:30			
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30					
7:00am		Complete Conditioning 7:30-8:30		Complete Conditioning 7:30-8:30					
7:30am		Setup		Drop-in Total Body Fit 8:50-9:50		Drop-in Total Body Fit 8:50-9:50	Setup	Open Gym	Drop-in Adult Basketball 8:00-11:00
8:00am								Drop-in Total Body Fit 8:30-9:30	
8:30am								Gym Jam 9:30-11:30	
9:00am	Gymna stics 9:30- 11:45	Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00					
9:30am					Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00		
10:00am								Open Gym 10:00-11:30	Gym Jam 9:30-11:30
10:30am	Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00						
11:00am				Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00			
11:30am							Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00
12:00pm	Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00						
12:30pm				Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00			
1:00pm							Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00
1:30pm	Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00						
2:00pm				Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00			
2:30pm							Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00
3:00pm	Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00						
3:30pm				Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00			
4:00pm							Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00
4:30pm	Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00						
5:00pm				Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00			
5:30pm							Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00
6:00pm	Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00						
6:30pm				Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00			
7:00pm							Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00
7:30pm	Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00						
8:00pm				Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00			
8:30pm							Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00
9:00pm	Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00						
9:30pm				Open Gym 10:00-11:30	Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00			

**GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME**

For more information call 303-441-3448 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)